

At the same time, hands are held at the back on the center of the belt of the pants; the palm is opened and facing outward, and the back of the right hand and fourth finger are lightly held with the thumb and fourth finger of the left hand, and thumbs are crossed. There is no talking or moving in this posture.

- (3) Upon the command "row at ease," female members quickly move their left legs approximately 20 cm to left. At the same time, hands are held at the back in a position equivalent to the belt of the pants. Other details are based on the previous clause.
- (4) Upon the command "at ease," members assume the posture of row at ease. Elbows are lightly extended and hands (which are held) are dropped naturally. There is no talking or moving in this posture.
- (5) When members are carrying an object or cap (hereafter "object or other"), the hand holding the object or other is dropped naturally, and other detailed are based on the previous clause.
- (6) When a female member is carrying a bag, but not carrying an object or other, only the right hand is placed at the back, or they follow the details in clauses 2 to 4.
- (7) The commander can give instructions for an easier posture depending on the situation during the at ease posture.

[Explanation]

The "at ease" posture is used to reduce the tension of the unit members temporarily, and allows movement back to the basic posture immediately. Even during this posture, rules must be observed and maintained. "At ease" postures include "row at ease" and "at ease." "Row at ease" is used mainly when giving orders or instructions, and during inspections, and is used to temporarily rest members during ceremonies that do not require the basic posture. Upon the command "row at ease," members quickly move their left legs approximately 25 cm, from the center of right leg to the center of left leg (20 cm for females). Knees are lightly extended, and weight is evenly imposed on both legs. At the same time, hands are held at the back on top of the center of the belt of the pants; the back of right hand and fourth finger are lightly held with the thumb and fourth finger of the left hand, and thumbs of both hands are crossed (thumb of right hand crosses over thumb of left hand). Eyes are looking forward, and talking is prohibited.

Row at ease

(When holding object or other)



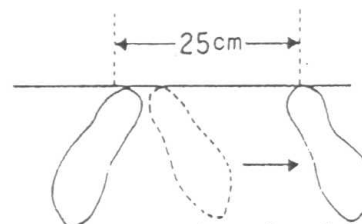
Place both hands at the back and hold the top of the center of the belt. (row at ease)

Left leg is open by approximately 25 cm laterally

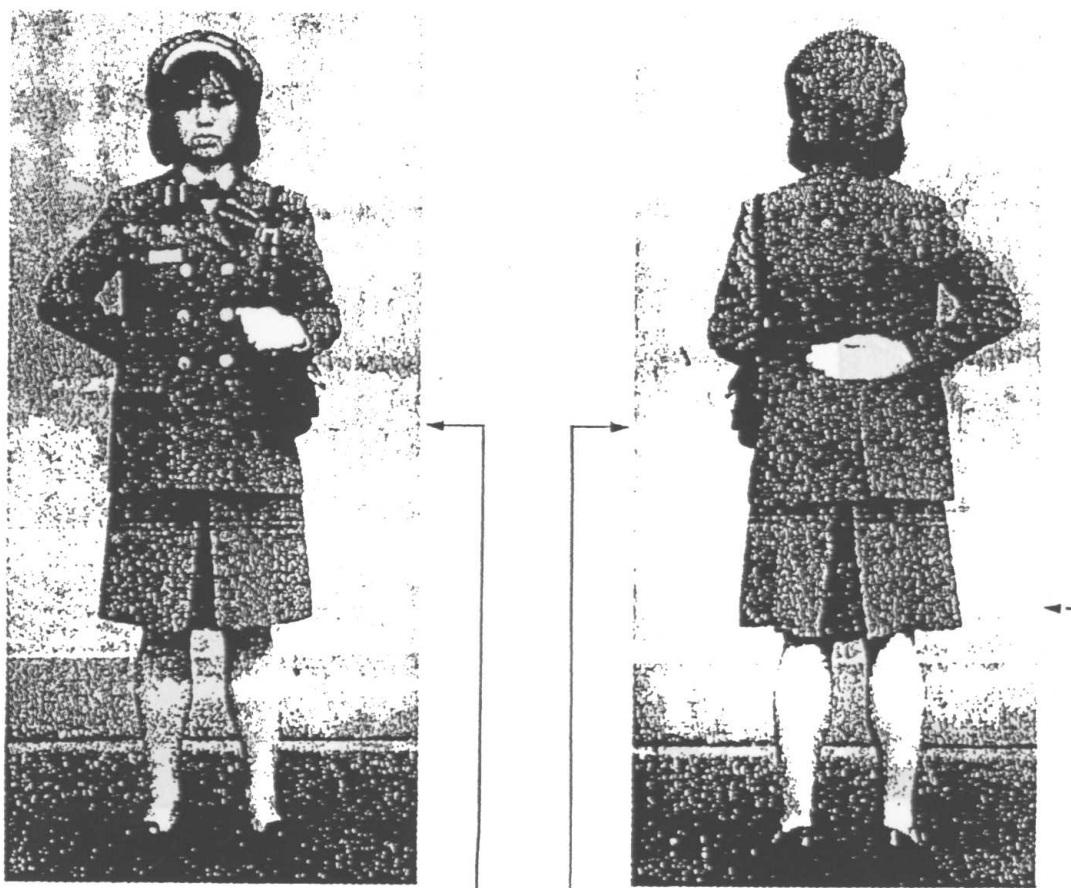
Position is on top of the center of the belt



Palm faces outwards, and the back of the right hand and fourth finger are lightly held with the thumb and fourth finger of the left hand.



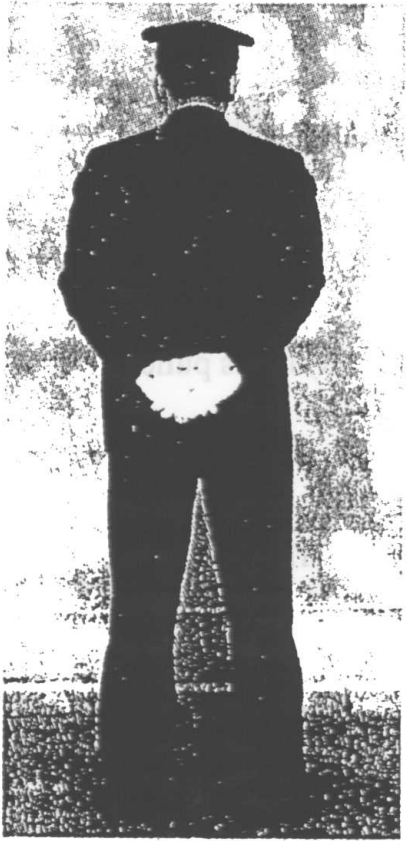
Approximately half a step.



Both hands are placed at the back, and hands are held in the position equivalent to belt of the pants. (row at ease)

Left leg is moved laterally by approximately 20 cm.

"At ease" is used when members are to rest, except for the above occasions or for explanation and instructions. At this time, the command "row at ease" is not used; "at ease" is used instead. Upon the "at ease" command, members first assume the posture of row at ease; both elbows are extended, and hands (which are held) dropped naturally. During the at ease posture, there is no talking or moving at any time, and during orders, instructions, explanations, and commands, members assume the at ease posture and pay close attention to the person giving the instructions.



Position of hands during at ease



(female members)

In order for members to assume the basic posture from the "at ease" posture, the command "attention" is given. Members immediately assume the basic posture without assuming the "row at ease" posture. When carrying an object or other, or holding a cap indoors, the hand holding the object or others is dropped naturally, with the other hand placed behind the back. When a female member is carrying a bag (for how to carry a bag, refer to Article 14, and hereafter the same), and is not carrying an object or other, all actions are the same as for men, except for placing the right hand behind the back.

When giving the command "row at ease" or "at ease" during lengthy instruction or explanation, an easier posture can be instructed based on the judgment of the commander.

"Row at ease" and "at ease" postures are generally not used in the side vertical form. In order for members to rest, the line is generally disassembled by the command "dismissed."

8. Right Face (Left Face)

- (1) In order for members to face right (left), the command "right (left) face" is given.
- (2) Upon the command given in the previous clause, members raise the left (right) heel and right (left) toe slightly, strength is imposed to the base of the big toe of the left (right) foot, and body rotates 90° to the right (left) pivoting on the right (left) heel. The left (right) leg is pulled up quickly to the right (left) leg.



[Explanation]

When implementing the face right command written in this article, the angle must be correct when the body changes direction. When raising the left (right) heel and right (left) toe slightly, it is difficult to determine the degree depending on the location. Thus, the degree will be small when performed on a paved road, and larger when performed on sand, gravel, grass, or unpaved areas. In any case, the degree should be minimized. When pivoting, the base of the big toe of the left (right) foot and right (left) heel pivots; after turning 90° to the right (left) and extending knees, the right (left) leg is pulled up quickly to the left (right) leg, and heels are placed together on the same line.

Sequence of right face

- (1) Slightly raise the left heel and the right toe.
- (2) Pivot 90° on the right heel and base of the big toe of the left foot.
- (3) Join the left heel with the right heel, and place both heels together on the same line.

